

What is claimed:

1) A nutritionally balanced, traditional snack food having a water activity of less than 0.90; and comprising, on a 30 gram basis:

- a.) at least 5 grams of an amino acid source;
- b.) less than 3 grams of a digestible fat; and
- c.) a carbohydrate that provides at least about 2.5 grams of dietary fiber.

2) The traditional snack food of Claim 1 having a water activity of less than 0.85 and comprising an adjunct ingredient.

3.) The traditional snack food of Claim 1 comprising from 5 grams to 10 grams of an amino acid source and from about 2.5 grams to about 5.0 grams of dietary fiber.

4.) The traditional snack food of Claim 1 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption of less than 7.0 grams per gram of fiber, and mixtures thereof.

5.) The traditional snack food of Claim 1 having an amino acid score from 0.60 to 1.00.

6.) The traditional snack food of Claim 1 comprising less than 2 grams of digestible saturated fat.

7.) The traditional snack food of Claim 6 comprising less than 2/3 of a gram of digestible saturated fat.

8.) The traditional snack food of Claim 1 further comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

9.) The traditional snack food of Claim 1 wherein said food is a filled cracker, cracker, snack crisp, or potato crisp.

10.) The traditional snack food of Claim 1 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

11.) The traditional snack food of Claim 1 comprising fluoride; sodium; potassium; and from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B<sub>6</sub>, folate, vitamin B<sub>12</sub>, biotin, and pantothenic acid and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

12.) A nutritionally balanced, traditional snack food having a water activity of less than 0.90; and comprising, on a 40 gram basis:

- a.) at least 5 grams of an amino acid source;
- b.) less than 3 grams of a digestible fat; and
- c.) a carbohydrate that provides at least about 2.5 grams of dietary fiber.

13.) The traditional snack food of Claim 12 having a water activity of less than 0.85 and comprising an adjunct ingredient.

14.) The traditional snack food of Claim 12 comprising from 5 grams to 13 grams of an amino acid source and from about 2.5 grams to about 6.5 grams of dietary fiber.

15.) The traditional snack food of Claim 12 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption of less than 7.0 grams per gram of fiber, and mixtures thereof.

16.) The traditional snack food of Claim 12 having an amino acid score from 0.60 to 1.00.

17.) The traditional snack food of Claim 12 comprising less than 2 grams of digestible saturated fat.

18.) The traditional snack food of Claim 17 comprising less than 2/3 of a gram of digestible saturated fat.

19.) The traditional snack food of Claim 12 comprising a non-digestible or partially digestible lipid.

20.) The traditional snack food of Claim 12 wherein said food is a filled cracker, cracker, spread, cookie, snack crisp, brownie or potato crisp.

21.) The traditional snack food of Claim 12 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

22.) The traditional snack food of Claim 12 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B<sub>6</sub>, folate, vitamin B<sub>12</sub>, biotin, and pantothenic acid and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

23.) A mix system for producing the nutritionally balanced, traditional snack food of Claim 12 said mix system comprising a mix that comprises:

- a.) at least about 18.5% amino acid source;
- b.) no more than about 5.5% digestible fat; and
- c.) a carbohydrate that provides at least about 8.7% dietary fiber.

24.) The mix system of Claim 23 wherein said amino acid and fiber sources of said mix are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption of less than 7.0 grams per gram of fiber, and mixtures thereof.

25.) The mix system of Claim 23 wherein said mix comprises no more than about 5.5% digestible saturated fat.

26.) The mix system of Claim 25 wherein said mix comprises no more than about 0.9% digestible saturated fat.

27.) The mix system of Claim 23 wherein said mix comprises a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

28.) The mix system of Claim 23 wherein said mix comprises a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

29.) The mix system of Claim 23 wherein said mix comprises fluoride; sodium; potassium; and a sufficient amount of vitamins and minerals to provide the finished traditional snack food with, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin,

riboflavin, niacin, vitamin B<sub>6</sub>, folate, vitamin B<sub>12</sub>, biotin, and pantothenic acid and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

- 5 30.) The mix system of Claim 23 comprising a separately packaged shortening that comprises a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof; and said mix system having a ratio of separately packaged shortening to mix of less than about 0.34:1.
- 10 31.) The mix system of Claim 30 having a ratio of digestible fat to total non-digestible lipids, partially digestible lipids, and mixtures thereof; of no more than about 1:2.5.